

SEATED YOGA

This class is the second one in a series on seated yoga. Once again, the timing was perfect, following all this Corona isolation and the importance of self-care as a coping method. If you are looking to destress with deep breathing, mindfulness, and developing healthy habits, you have come to the right place.

Before I start, let me do a brief review for those of you who were not with us last time and for the rest of us who have probably forgotten:

What is Yoga?

My definition is: breathing and movement with mindfulness and/or meditation. Its roots are quite ancient, dating back many centuries. There are many types of yoga: Yin & Yang, Kundalini, Restorative, Power, Bikram or Hot Yoga, and Laughter Yoga.

Many classes in the secular community involve teaching yoga as a religion and avoda zara (idol worship), so you need to be careful who your teacher is, where you learn, and how you do or call certain poses. I usually teach hatha yoga, which comes from the ancient Sanskrit language and means poses, combined with flow yoga, which involves moving from one pose or position to another.

Why seated or chair yoga?

Not all of us can sit on the floor or get up easily once we are down, especially if we have had an injury. It also depends on how we age, our weight and flexibility, etc.

You don't need any special clothes or equipment. You don't need to go to a gym; you can do it from the comfort of your home, backyard or car. And G-d willing, once this Covid crisis is over, you can do some of it in your office, if you're still working, on an airplane, in a boat, etc. without people even noticing or thinking that you are doing something strange.

What are the benefits?

Increased concentration and well-being; decreased blood pressure, cholesterol, stress, weight, etc.

How much time does yoga take?

A few minutes to two hours, any time of the day or night for that matter. So, let's start with the breath. There are many different types of breathing in yoga:

- 1) Regular Yoga or Breathing from Your Diaphragm; 2) Cleansing Breath; 3) Alternate Nostril Breathing; 4) Breath of Fire; and many more. We usually start and end with Regular Yoga Breathing: four counts in and eight counts out through the nose. N.B. the exhale is double the length of the inhale. You can count more slowly if you have good lung capacity and more quickly if you don't. You can also count to five or six.

Last time we did a lot of arm work. Today we will focus on the lower body. Thanks so much for the opportunity to show you how seated yoga works.

How to get in touch with me:

Ronda G. Stoller Wunsch, B.A., M.A.

Certified Yoga Teacher;

Case Manager/Advocate (Dementia & Disabilities)

(416) 783-9323 or (647) 761-9323 (cell) or rondagsw@gmail.com